

The Highlands Communicator

FREE

February 21 - March 5, 2008

Haliburton County's Good News Fun Free Magazine

Vol. 7 Issue 9

Welcome Highland Cup Participants & Fans!!

March 1 & 2
Head Lake - Haliburton



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Minden Fire Department Fish Derby - February 24th

Like it takes an avid ice fishing enthusiast much of an incentive to go ice fishing anyway, at least this gives them a chance to participate in a fundraiser and perhaps try their luck on a different lake. It's the 4th annual Minden Fire Departments Family fish Derby and its taking place on Pigeon Lake on February 24th with a start time of 8:00 am and weigh in at 2 pm.

Food and refreshments will be available at the fireman's grill located on the shore of the lake. Something always so good about Fire Dept BBQ's isn't there? The cost to participate in the derby is \$20 each and kids under 12 are free. First and second place will take home cash prizes and there will be lots of other prizes as well. Of course all MNR rules apply and you can only have 2 holes per person. The prizes are based on single heaviest trout per participant and it is a live weigh in tournament. Oh yeah, you have to catch your fish on Pigeon lake too!

To get more details call the Minden Fire Department at 286-1202 or Minden Live Bait and Tackle at 286-4826, or talk to any MFD member. Have fun!!

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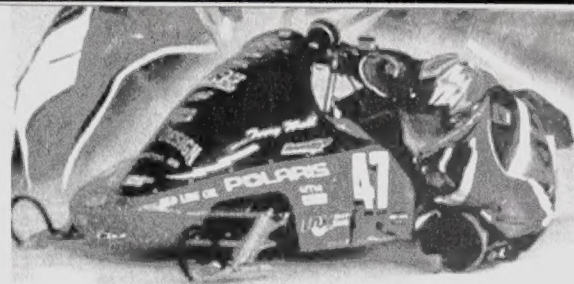


Calling all snowmobilers!
Experience a great day in the outdoors with a snowmobile ride through scenic parts of Haliburton County, then dine and dance the evening away!

Registration for this event is at 9:00 am at the West Guilford Community Centre on Feb 23, 2008. Tickets, available at the West Guilford General Store or at West Guilford Auto Centre, are \$25 in advance or \$30 on the day of the event. This price includes the ride, the dinner and the dance. Participants will receive a map of the various trails which could mean either stopping for lunch at the Firehouse or lunch at the Cookhouse on Kennisis, depending on which trail you decide to take. The routes make a circle back to the Community Centre for dinner and a bingo game afterwards for prizes. One lucky winner will win half the proceeds collected. Trail permits are not required by participants. For more information, please contact Greg Cooper at 754-3210 or Carm Sawyer at 754-2401.

It's Fast – It's Exciting – It's All On Ice – It's Here In Haliburton....

It's The Highland Cup Snowmobile Races - March 1 & 2



Get ready for some exciting racing action like you've never seen before – right here in Haliburton County!!

March 1 & 2 is the 1st Annual Highland Cup – a fast action snowmobile race that is being held on Head Lake on a 1/8-mile ice track.

The Highland Cup marks the second to last stop on the highly competitive 2008 Eastern Pro Tour Schedule and organizer Harold Foyster says that everything is set for a charged event.

"Weather permitting we're expecting 2,500 to 3000 spectators to be here," says Foyster. Foyster explained that spectators will be able to take advantage of the natural contours surrounding the track to gain full vantage of all of the racing.

Foyster is also expecting a full slate of the very best riders on the Eastern Pro Tour circuit.

"All of the current leaders on the tour are going to be here," adds Foyster.

He added that former Eastern pro circuit champ Howard Gifford will be on hand with his racing team. Howard no longer drives, but he is now a Team Owner with New Champ 440 chassis and new driver Jeff DeJong.

Also making an appearance will be Yamaha Brothers Racing teammates Erik Frigon and Stephen Gorham. Interestingly, Both Frigon and Gorham are law enforcement officers in the state of Maine.

Jason Smith will also be on hand re-

presenting Smith/Samson Racing. He'll be driving his Champ sled.

How fast is the action?...

People looking at the track and wondering just how fast these guys will be moving can wince just a bit.

"These guys will be hitting speeds of over 90 miles per hour," says Foster. And yes folks that's on glare ice, just the way their machines like it. Foyster says that the powerful machines are fixed with special treads and skis to allow them to hold the ice at such high speeds.

See the Antique and Classic snowmobiles

Foyster says that while the big machines draw most of the notice, a large number of spectators come specifically for the vintage class machines.

The Antique and Classic Snowmobile Club of Canada (ACSCC) was started on a wing and a prayer. Or so they say on their website.

"The truth is that when four out of the 20 or so Canadian members of the Antique Snowmobile Club of America (ASCOA) sat down at the Baldwin Inn in Windermere, Ontario, in October of 1982, we had absolutely no

idea what we were going to do," states Ron Jewiss, in a brief history of the club.

"The club has grown and matured to a point where it has become a must-see at snowmobile shows, and an authority on snowmobiling history. ACSCC has made significant contributions to the preservation of the history of the sport of snowmobiling."

According to Foyster, the ACSCC is a guaranteed draw wherever it sets up shop.

"A lot of people, especially in this area are really interested in the vintage machines," says Foyster.

He adds that the vintage machines will be taking demo laps and the ACSCC will have a full display available on the grounds at Head Lake during both event days. Part of the pro tour hinges on its Vintage Racing class as well.

Schedule of events...

On Friday afternoon (March 1) Foyster says that interested spectators can gain free entry for practice runups and hot laps. A food concession will be set up at the Rail's End Gallery on Friday as well.

Races start at 10 am on both Saturday and Sunday. Racing wraps up by 5pm on both days.

Adults can purchase a two-day pass for \$30 or pay \$20 for a single day ticket. Tickets are \$5 for children 12 and under.

For more info please visit www.highland-cup.com.

A Little Bit of Everything

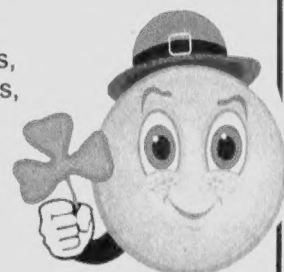
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**Remember that St. Patrick's Day is on Monday, March 17th,
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from Debbie, Ira & Joanne



McMahon Feeds 'n Needs Celebrates 25 Years

by George Farrell

Spotlight

On Business

Most of us know Jim McMahon from his political life. Presently he's the Reeve of Minden Hills, but his accomplishments in the political arena are the basis for another story. To make a living Jim manages his feed store, which is to be found at the intersection of Deep Bay Road and Bobcaygeon Road, in Minden. This marks the 25th year that Jim's been in business in the Highlands, but it was a long and winding road getting to where he's now located.

Jim is originally from the East York area of Toronto. He's had various occupations, including being a constable with the Metro Toronto Police. He's also held positions with the Human Resources and Marketing/ Sales departments at CP Rail. In 1968 Jim acquired an acre of property on Little Gull Lake, near Moore Falls. A bachelor at the time, he would come up with friends on the weekends, summer and winter, to work on the property. "I fell in love with the area," he says, so much so that "I started leaving work in Toronto early on Fridays and getting to work late on Monday morning. Then I got a job in transportation sales, where I only had to make an appearance in the office once a week, so I moved up here to the property, and commuted. After 8 months I'd had enough of that, and I started looking for ways to make a living up here. I was sitting around the kitchen table and talking to Garwood Stevenson, and he said 'there's no feed store around here, why don't you open a feed store?' so I did," Jim says with a chuckle.

Jim had an uncle who had a farm, so he knew a little about what the animals ate. He also knew that if he was going to go into the feed business he wanted to sell top notch, brand name products. At the time there was no property available in Minden, so he looked elsewhere, and eventually leased a store at Moore Falls that used to be *Art's Bait and Tackle*. Jim bought a lot of Art's inventory, and

in the fall of '83 he opened his business. It was called Lutterworth Feed and Bait.



In 18 short months the business had outgrown the property. Determining that his customer base was slanted towards Minden, Jim started a search for a new site for his business. He landed at what is now Lea's Lawn and Recreation, at the corner of Water Street and Highway 35. Jim rented the space, but after 6 months Bob Patton bought the property, and Jim had to scramble for a new location. Fed up with leasing and renting, he decided that his next place he would own. outright.

"There was a condemned house situated on my present location which belonged to Mrs Kernohan. I approached John Kernohan, who must have had power of attorney, and I made him an offer, and it was accepted. The fire department burned the house as a practice, and a local contractor cleared the site. As I only had 2 months to vacate my rented place, contractors had to work overtime to get the new building up in time, but they did it." That was in '85. Amidst all of his business movings Jim married the former Janet Skelding, and the couple have a daughter Amy, who's now 26. The family ultimately moved to a house that Jim had built, on 25 acres of property on Deep Bay Rd, where they started a hobby farm. The farm is called *Hi-Land Pine Farms*.

Amy provided Jim and Janet with 2 grandchildren. Jacob is 5 and Hope is 3. Jim casts his memory back to when Amy was just a young girl herself, and a time that proved to be the beginnings of his equine adventures.

Miniature Dogs and Horses

"We bought Amy a horse when she was young and that sort of evolved to us getting into miniature horses," Jim reveals. We were at a party at John and Rhonda Francis' place, and we saw their miniature horses, and we thought that they'd be a lot of fun. I've been breeding them for about 10 years now." Always one to recognize a good business opportunity, Jim went through some good times breeding and selling

McMahon's cont'd... pg. 5...

The Highlands Communicator

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 Roberto Welsh - Feb 12/06
 Chuck Irvine - Jan 3/02

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25 years and still growing strong

...from pg. 4

his mini horses. "I had a high of 23 at one time. Miniature horses are a fad with the public, and the market has fallen out over the past several years. Right now I only have 12, with 8 brood mares."

"One of the mares just dropped a filly," Jim expounds, like a new father. "She's all black with 3 white socks, and a splash on a shoulder. She was born on the morning of February 12th, which was the coldest day of the year so far. I went out to the barn and found this little thing, about 18 inches high, covered in frost. I went and got a couple of towels to rub her down, dry her off and get her warmed up. I set up another heat lamp in the stall, and now she's good and strong. Her name is Hi-Land Little Annie Rooney."

Hi-Land Pine Farms is also the home grounds for Jim's dog breeding kennels. "I started breeding non-allergenic dogs in '87 when I realized that there was a big demand for them," Jim states. I started with Shih Tzu's and Cocka-poops, and later started breeding Miniature Schnauzers. "I just had a new litter of Schnauzers," he states proudly.



Outside the store there is a loading dock where customers can back up their trucks for loading bulk feed, or straw for bedding. The spacious yard also features a propane filling station. Jim claims that he sells "more propane than agricultural feed, except for deer feed, which this year has been overwhelming."

"Two years ago," Jim continues, "we got into selling utility trailers. It's fairly seasonal, as trailer sales are mainly in spring and summer, but I'm always looking for different things that will compliment our products."

McMahon Feeds n' Needs is also the local Can-ar bus agent, and it's at McMahon's that you can take a bus to Toronto, or greet a friend upon arrival.

You can reach the store by calling (705) 286-2801. It's located at 131 Bobcaygeon Rd, in Minden. If you'd like to inquire about puppies and foals, you can also reach Jim at Hi-Land Pine Farms. The number is (705) 286-1312.

Pictured: Jim McMahon outside McMahon Feeds n' Needs, Jim McMahon inside the store

What's Inside The Store

McMahon Feeds 'n Needs has had to change a lot over the years. "When we first started, we had a full range of horse tack. Now farming in the county is almost non-existent, so we've diversified," Jim explains. What you'll find on the shelves is dog and cat food, seed, feeders and houses for birds, and food for deer, horses and small mammals. You'll also find treats and accessories for your pets, as well as work boots and bottled water. Jim is especially proud of his own grass mix, which he's been selling for over 20 years, and is "a modified mixture of what the MNR and the MTO uses for its ground cover. It's a mixture of timothy, alsike, clover and perennial rye grass, and it's labeled Cottage Ground Cover."

There is also a dog grooming centre in the store, operated by Jim's former wife Janet, and licenced groomer Chris Lang.

What's Outside

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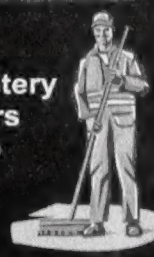
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Walk The Labrinth Under A Full Moon

A Full Moon Labyrinth Walk takes place on Thursday, February 21, from 7:30-9 pm at the Rails End Gallery (located at 23 York St., on the edge of Head Lake Park) in Haliburton Village. People can come and walk a snow labyrinth under the full moon.

Two days later on February 23 from 2 pm to 3:30 pm, Rails End Gallery will hold a free workshop on how to build a snow labyrinth.

Be sure to attend one or both of these unique events.

Winter Fun Day For The Whole Family

Bundle up the kids, grab your skates and get ready for some fun in the snow at the Winter Fun Day at Camp Wanakita on Sunday February 24th, 2008. Events start at 2 pm and includes: Skating on Koshlong Lake, Broomball, Snow Shoeing, Cross Country Skiing, Low Ropes and Tobogganing. Chilli, Hot Dogs, Hot Chocolate, Juice and Cookies are also available for \$6.00 an adult and \$4.00 for kids. Everyone is welcome to attend.

Chamber organizers would like to acknowledge the support of YMCA Camp Wanakita in helping them coordinate this wonderful day. For more information, please call Charlene at (705) 286-1760 or 877-811-6111 or see ad on page 19 in this issue.

Vote For Your Favourite Business Or Person

2007 Business & Community Achievement Awards Gala

Rexall is proud to present The Haliburton Highlands Chamber of Commerce 2007 Business and Community Achievement Awards Gala Saturday March 29th, 2008 at the beautiful Delta Pinestone Resort.

Tickets are \$50 and are selling fast. Call today to reserve your tickets to this sold out event.

Nominations are still open for many of the categories. Please download the forms from the chamber's website and return to the Chamber Office today! The website is www.haliburtonhighlandschamber.on.ca

ISAAC ASIMOV'S SUPER QUIZ

Take this Isaac Asimov's Super Quiz to a Ph.D. Score 1 point for each correct answer on the Freshman Level, 2 points on the Graduate Level and 3 points on the Ph.D. Level.

Subject: SONGS FROM MUSICALS

Name the musical from which the song is taken. (e.g., "America." Answer: "West Side Story.")

FRESHMAN LEVEL

1. "Climb Every Mountain"

Answer _____

2. "If I Were a Rich Man"

Answer _____

3. "Oh, What a Beautiful Morning"

Answer _____

GRADUATE LEVEL

4. "Happy Talk"

Answer _____

5. "Money, Money"

Answer _____

6. "Consider Yourself"

Answer _____

PH.D. LEVEL

7. "Can't Help Lovin' Dat Man"

Answer _____

8. "Get Me to the Church on Time"

Answer _____

9. "Big Spender"

Answer _____

ANSWERS: 1. "The Sound of Music." 2. "Fiddler on the Roof." 3. "Oklahoma." 4. "South Pacific." 5. "Cabaret." 6. "Oliver!" 7. "Show Boat." 8. "My Fair Lady." 9. "Sweet Charity."

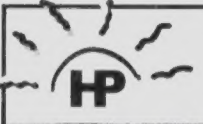
SCORING:

18 points — congratulations, doctor; 15 to 17 points — honors graduate; 10 to 14 points — you're plenty smart, but no grind; 4 to 9 points — you really should hit the books harder; 1 point to 3 points — enroll in remedial courses immediately; 0 points — who reads the questions to you?

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Julie Campbell's Wild Rides

Sit Ski Not for the Faint of Heart

By Terrance Gavan

Julie Campbell could qualify as a poster girl for the Canadian Association of Skiers with Disabilities (CADS) Program.

Her wild, on the brink, razor-edge sit-ski rides down the intermediate terrain at Sir Sam's Ski Area are, in a word, inspirational.

Confident, athletic and seemingly fearless, Julie Campbell exhibits a panache for the sport which belies her years on snow.

Injured in a motor vehicle accident that left her confined to a wheelchair back in 1979, Campbell brings an indomitable spirit and strong heart to everything she takes on.

"I was always athletic but I didn't get too involved in organized sports after the accident," explains Campbell. She says that in her first year she did have a go at organized wheelchair basketball. The sport was a little intimidating for her during her first year of rehabilitation.

"I wasn't strong enough back then to handle it and the regulation nets (ten feet high) were a little too high for me at that time." She says that over twenty years of "lifting, wheeling and transferring" has left her stronger today.

"I can reach the net in our driveway now," says Campbell, who resides in Cameron, Ontario.

And while her summer activity level was always on the high side, she says that winter activity through most of the intervening years after the accident had always been somewhat compromised. Slush, ice and snow serve to conspire against wheelchair travel during the long Canadian winter.

Enter Track-3's Teresa Duezeman, who found out about Julie from a mutual friend Karen Fergus.

"Karen told Teresa that she had a friend that was very athletic and would be perfect for the Track-3 program," says Campbell.

Campbell allows that she had her doubts when informed by Fergus of the plan. "I wasn't really too sure about it," laughs Campbell.

But then she started to think and those ruminations finally led to a decision.

"Winter had always been such a long and drawn-out process for me," allows Campbell. "I would be stuck inside for long periods; so I figured that I should at least go out and find out what it was all about."

The rest as they say is history. Campbell started out tethered to Track-3's antiquated twin-ski sit-ski. She progressed well through her first year of instruction and she learned to maneuver the large and lugubrious old apparatus.

Three years ago the Track-3 Program was able to raise enough funds to purchase a state-of-the-art aluminum-frame sit ski. The device can be plugged onto a regulation ski binding and thus a wide assortment of different skis can be utilized in concert with the frame.

The sit ski or mono-ski is a nifty piece of machinery, but it is also an unforgiving vehicle in a fall. Skiers must first master the art of balancing on the one ski while tethered to a mentor/facilitator.

Last year, an able-bodied skier who remains a key player in Warren Miller's extreme skiing films went to try out a sit-ski under the tutelage of an American sit-ski Olympian. He said that he has never crashed so hard and so often and he finally bowed out early fearing that another crash may compromise his professional skiing career and any further paydays from the esteemed Mr. Miller.

On a personal level, this writer can attest to the perils involved with a fall from a sit ski. It's a very scary perch after your first hard collision and it takes a special type of person to get back up and persevere.

Campbell's travails are well-documented but she went at the sport undeterred by weather, snow conditions and the inevitable crashes.

Campbell had great mentors in Chris Miller and Bruce Denniston (among others including yours truly who managed to cause one of those crashes before retiring from the tether forever – sorry Julie – I can still feel the crunch) during her break-in period in at Sir Sam's. Their strong work on tether and their ability to let her maneuver independently allowed her to progress very rapidly to an autonomous level.

Today, she skis independently, but still skis alongside Miller or Denniston. The lifts and the runs are all managed independent of any tethers.

"We're at the point now where I need to go to a better ski," says Campbell, who is now skiing at other resorts and on steeper pitches. She needs a ski that will offer a shorter turning radius. Shorter turns are crucial when moving to steeper pitches, allowing the skier to control speed in narrow corridors.

"My present ski is okay for the pitches at Sir Sam's, but when I'm skiing the larger hills I need to be able to turn quicker," says Campbell. The problem that a lot of mono-skiers and single-leg



skiers face is finding a company willing or able to sell them a single ski.

Skis are sold in pairs and as one moves up toward higher-end skis, those pairs with bindings can run from \$800 to \$1,500. Organizations like CADS can help to offset those expenses through liaison with understanding ski suppliers. However, the process can be time-consuming when one is looking for a particular ski.

Campbell said that she's borderline amazed that she's even concerned about skis at this point in her career.

And truly it is a testament to her athleticism and resolve that she has made such progress. Her rapid adaptation to the sit-ski has been remarkable and people who see her today, gliding effortlessly down Cash Register, assume that she's been involved in the sport for decades.

"Two years ago I would never have thought about skis," says Campbell, who allows that getting down the hill in one piece at that stage was a worthy goal.

"Now, I'm looking at shorter radius to improve my skiing, because I had an opportunity to try out another ski last year."

She says that last year she managed to borrow another sit-ski from a CADS comrade and try it out for a few runs. The light went on and she realized how much difference a ski could make

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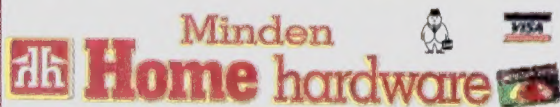
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Haliburton Gymnastics Club

**Coach looking for assistance with
emerging program for youth fitness**

by George Farrell

With a startling thump, thump, and a small cry of exaltation, the young girl whizzed past, behind me. On turning my head to see just how the sounds were being produced, I was started to see another girl, high above the ground, upside down, in the midst of a running front somersault. She too



landed with a thump, and pranced off, soon to be followed by more girls with the same intentions. On completion of their manoeuvres, one thing became apparent. They were all on a high of total exhilaration, completely in love with the physicality of their exuberance.

It was esthetically intoxicating to see the sheer grace, beauty and power of these girls as they went through their paces, and I had to drag my eyes away to concentrate once more on the interview with their instructor Terri Mathews.

Terri is the Director of Haliburton Dance Arts which is located at 19 George Street in Haliburton. Terri had been teaching dance for 12 years and her curriculum includes classes in Hip hop, Jazz, Ballet and Tap. She's always taught acrobatics as part of a dance/gymnastics class, but the emphasis has always been on dance. She has seen though, in several of her students, a real talent and a passion for gymnastics. "Some of the kids are getting to a level where they're good, and for a lot of them gymnastics is their favorite class, and they want to go further," says Terri. Right now that's a dead issue, as there's nowhere in the county with a full range of gymnastics equipment, or the space to teach young girls and boys the intricacies involved in a full gymnastics program.

Long gone are the days of my own particular youth when I remember every high school had pommel horses, parallel bars, uneven bars, and balance beams. In fact part of our compulsory gym classes included tests on all the gym equipment, and we were marked on our competency. These marks reflected on our report cards, as part of the total in physical education. Nowadays schools and school boards are too concerned about the costs involved in insurance, equipment, storage, and the proper certification of coaches to make a full gymnastics program viable.

Terri Mathews wants to have a full gymnastics program in the Highlands to offer her students. "There's nothing here she says. You have to go to Bracebridge or Lindsay." Terri is determined to see her dream come true, and to that end she has been pursuing the required certification through the National Coaching Certification Program (NCCP). She recently completed a six month program, which secured her a Level 1 certificate, which allows her to coach gymnastics on a recreational level. "I'm working towards my Level 2, which would allow me to coach on a national level. I'm working with head coach Vivien Wright in Bracebridge, who coaches the Limberettes. She helps me with getting my Level 2 coaching hours, and in return I help her with dance choreography for their competitive routines." Terri goes over

"Gymnastics is a great way to promote physical fitness..."

... from pg. 10

to Bracebridge two times every week.

"Gymnastics is a great way to promote physical fitness," she continues. She's been teaching gymnastics on a volunteer basis during the day at Stuart Baker elementary school in Haliburton. For the last 3 years Terri has also been volunteering her time with the Ontario Early Years Centre. She's observed that "there's too many inactive kids of all ages who I want to get moving." Terri's dance studio is too small for a full gymnastics program. In a perfect world we'd be able to use the gymnasiums in our public schools like J. D. Hodgson and possibly Archie Stouffer. A lot of kids would like to do this, but their parents don't always have means of transportation, so there could maybe be a late bus."

"I'd also like to make it as inexpensive as possible, and provide subsidies, Terri says. "I'd like to explore all kinds of avenues. Maybe there's some industrial space available somewhere. Right now to rent a school gym it's \$40/hr, and that's too prohibitive, plus there's a storage issue for the equipment."

Terri Mathews is a lady with a good idea who needs help in realizing her dream. She has to overcome issues of space, equipment purchases, and



transportation. Certification is not a problem. She would also like assistance with anyone who can help in the area of fundraising.

Before I left, I asked one of Terri's students if she had been inspired by the gymnastic exploits of Romanian Nadia Comaneci or Canadian Olympian Elfi Schlegel, or whether they were just doing it because they liked being upside down. They had never heard of Nadia, or Elfi. "It's the last thing you mentioned said another girl, 'we like being upside down and having fun.'" So, they were coming at this from a purely physical perspective and were not just emulating a role model. For me that pure, unadulterated love of exercise spoke volumes, and it's something I believe we should be giving our youth every opportunity to experience.

If you would like to help Terri Mathews get a gymnastics program up and running give her a call at 457-1561 or email her at haliburtondance@sympatico.ca.

Pictured: This page: Gymnastics coach and Director of Haliburton Dance Arts, Terri Mathews

Opposite page: Gymnastic/Dance students Nikki Reddering, Jaimie Dack, Quinn Schell and Shay-Lynn Hutchings.

Julie Campbell's Wild Rides cont'd...

... from pg. 9

to her overall technique and skiing prowess.

She notes that technology has also made huge strides in the design of the sit-ski frame.

She was able to ski last year at another hill with some CADS skiers who were sporting some alien-looking sit-ski frames.

"They were looking at my sit-ski like it was a relic," laughs Campbell.

But she's not overly concerned with all of the technical stuff. That's something that can be faced in the space of time.

She remains thankful today that she took Duezeman and Fergus up on the challenge.

Now winter is no longer a drudge, but a time to be spent on the slopes with friends and family. A time for controlled freefall away from winter's pall.

"TJ (Julie's son) is nine now and this has allowed us to spend some quality time together in the winter as a family," says Campbell.

However, TJ is making a move over to the Dark Side and will probably be donning a snowboard instead of skis this coming winter.

"He took lessons last year on the board and he did really well, so he'll be moving over," says Campbell. Of course that just means that he's moving over from four edges to two and that's something that mom can relate to.

Campbell says that the experience with CADS at Sir Sam's has expanded her horizons over the past 5 years or so.

"And it's not just the skiing, but there's the other part as well," says Campbell.

"It's the friends we've made and the times we spend afterwards in the lodge at Sir Sam's... it's all part of the package."

Harriet Beecher Stowe wrote:

"All serious daring starts from within."

Julie Campbell knows that it also starts with a strong push down a bright white track.



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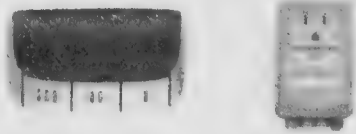
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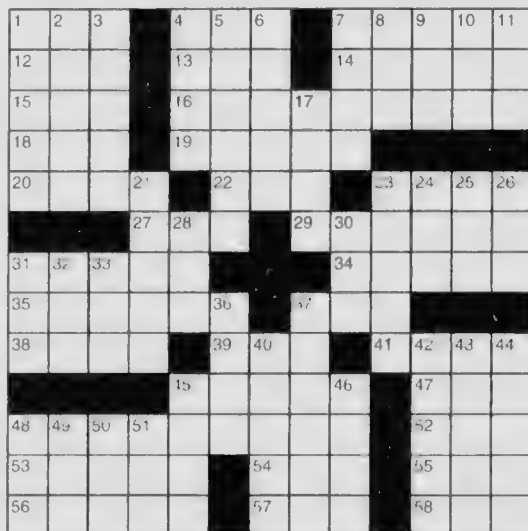
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18 - relief
19 Store-sign stat
20 Mesopotamia, today
22 Wire service initials



- 23 Stir-fry equipment
27 Pretense
29 Pluto, once
31 Snap
34 Lamenter's verse
35 Confine with walls
37 Dine on
38 Bleak film genre
39 "Smoking or -?"
41 Metal coffee cup holder
45 Drum type
47 Solidify
48 Elvis No.1 hit, for short
52 Dined
53 One of Churchill's offerings?
54 Time of your life?
55 Rage
56 Tubular pasta
57 "- Misérables"
58 Part of NIMBY
- 8 Priestly garment
9 Greet the villain
10 Purchase
11 Billboards
17 Faucet problem
21 Persian Gulf nation
23 "Take Me Out to the Ball Game" is one
24 Indivisible
25 Frat party need
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28 Opposed
30 Meadow
31 See 26-Down
32 Med. arrangement
- 33 Sapporo sash
36 Remote control precursor
37 Mesh, as gears
40 Ryan or Shaquille
42 One more time
43 Back in style
44 Armada
45 Data unit
46 Mined finds
48 Recipe meas.
49 Lamb dam
50 Lair
51 Roseanne's TV hubby
- DOWN**
1 Out, of sorts?
2 On top of the world?
3 Oklahoma city
4 "The Sultan of Swat"
5 Stretch
6 Sick and tired
7 Toronto Blue -

Reflections from SoulWinds

by Brenda Peddigrew

Gauging the Day

Every morning without fail my cat MaChree meows loudly and persistently to go out. When I come to open the door, he will most often stand there, sniffing the air (often for minutes) before slowly placing one paw on the doorsill, a deliberate, seemingly meditative move towards the place he really wants to go.

Most mornings it is difficult for me to be patient with this daily confronting of the morning. I stand over him, holding the door open, saying more loudly than is necessary "MaChree! Go Out!" No effect. He is lost in some sniffing contemplation. Other times, I have been known to tape his behind with the sole of my foot, gently pushing him out so the door can close. Even then, he will often sit still just outside the door, staring and – it seems – tasting the air.

Lately I've found myself having a different thought about MaChree's way of beginning the outdoor element of his day. When I get up, I move automatically into the day's movements: rebuilding the fire; filling the kettle, getting the animals' breakfasts, re-filling the dry humidifier after the night. Among these necessary tasks, I might or might not notice the beauty of the early light, or the way the night's snow has outlined the trees, or the thermometer announcement in the morning dark. But – unlike MaChree – I haven't been stopping to gauge the day. I haven't stopped to breathe before I begin my activity, nor have I stood to allow the morning stillness to enter my being like fuel for what the day might bring. In other words, I haven't tasted the air around me, seeing what's afoot for this day.

I am wondering now how the day might be different if I imitated MaChree's slow start. What would change, if – between waking and plunging into motion – I stopped and noticed the world, outside and inside.

The increasing speed that takes over our days, taking us riding as if on a swollen and uncontrollable river, is mentioned frequently now in journalism and in company. Perhaps it's an insight that comes with age...but not when people younger by decades also encounter the problem of not enough time. If the pace of our day isn't serving us, then what are we serving by allowing ourselves to be swept up and along by demands over which there seems little control?

MaChree refuses to leave his reflective space, even with a push from behind. He won't be hurried through his contemplation of the world. I, on the other hand, can be diverted from my purpose by a ringing telephone, mind instantly jumping in with questions and wondering. And there's the difference. There is a place where mind has no place, and it's there that I aspire to go. What MaChree enjoys by nature, I must learn by steady and faithful practice. And I begin by learning to gauge the day in early light – or dark.

try this: As soon as you wake in the morning, stop moving. Get out of bed slowly. Stand before a window. For even a few seconds, notice what you see, and name it to yourself. then go into your day as usual. After a few days of this, see if you are noticing anything differently.

Just Like Cats & Dogs

by Dave T. Phipps



QUITTERS CAN BE WINNERS

Deadline to Enter Driven to Quit Challenge 2008 is Coming Up Fast

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Time is running out to enter the Driven to Quit Challenge 2008, a province-wide competition that encourages smokers to butt out for the entire month of March to win prizes. By taking up the Challenge, smokers can win a brand-new Toyota Prius hybrid vehicle or one of seven Future Shop gift cards valued at \$3,000.

The Haliburton, Kawartha, Pine Ridge District Health Unit encourages smokers in this area to enter the Driven to Quit Challenge. To enter the contest, smokers must register on-line at www.driventoquit.ca by February 29, 2008. Contest entrants must be

Ontario residents who are 19 years of age or older. To help them in the quitting process, people who sign up for the contest must find a "non-smoking buddy" to offer them support. Buddies are also eligible to win a \$250 Future Shop gift card.

Entry forms for the Challenge and resources to help people quit smoking are available at the Health Unit office in your area. You can also visit www.hkpr.on.ca for more details. Further assistance to quit smoking is available by calling the toll-free Smoker's Helpline at 1-877-513-5333.

"For those who have made a New Year's resolution to quit smoking, here is an extra incentive to stay smoke-free or get back on track with your plan," says Karen Taylor, a Public Health Nurse with the HKPR District Health Unit.

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It Happening in Kinmount

by Lyn Kilby

At the time of writing, the biggest thing presently happening in Kinmount is the challenge of coping with **poor road conditions** due to striking City of Kawartha Lakes employees. Trillium Lakelands District School Board has wisely cancelled school bus transportation so many times I have lost count. As a school bus driver, I hear kids talking firsthand. Unbelievably, most kids are tired of so many days off. However, even the days we have gone to school, our roads were not up to par. Everyone's **safety is compromised**. Properly maintained roads are essential. To promote a resolution to **end the strike** there are several ways to **voice your concerns**:

Contact City of Kawartha Lakes:

By phone: (705) 324-9411 or toll free 1-888-822-2225

E-mail Mayor Ric McGee at: rmcgee@city.kawarthalakes.on.ca

By mail: City of Kawartha Lakes, PO Box 9000, 26 Francis Street, Lindsay, Ontario, K9V 5R8

Contact CUPE 855

By phone: (613) 237-1590 - By fax: (613) 237-5508 - E-mail: Visit http://cupe.ca/BE_feedback.php - By mail: Canadian Union of Public Employees, 1375 St. Laurent Ottawa ON K1G 0Z7

Another effective way to **voice your concerns** is by sending **letters to local media**.

Remember to call me at (705) 488-2919 or E-mail me at lynne.kilby@sympatico.ca to share news or advertise an event or activity. See you in Kinmount!!!

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Ontario Early Years Events

Parent Talk Time- Haliburton OEYC on Feb.27 from 10:30 am. to 11:30 am. Join Joelle Shen from the YWCA as she shares **Working Altogether for Kids** with tips and ideas to help build communication between significant others that are important in your child's life. Getting everyone on the same page so kids don't suffer! For more information please phone 457-2989.

Parent Talk Time- Haliburton OEYC March 12 from 10:00 am to 11:30 am **Infant Massage** Come and discover the joys and benefits of infant massage. Claire Sylvan from Point in Time will be here to demonstrate and teach parents proper techniques and discuss the importance of caring touch. For more information please phone 457-2989.

Play and Learn at the Lloyd Watson Community Centre in Wilberforce on Feb. 21, March 6 & 20 from 9:30 am - 12:00 pm For families with children 0 to 6 years. Activities, crafts, music circles, guest speakers, nutritional snack and more!. For more information phone 286-1770 or leave a message at 457-2989

Just a reminder that the Minden Hill Recreation Dept. has **free Parent and Tot Skating on Tuesdays from 10:30 am till noon at the Minden Arena**

O.P.P. Take On The Old Timers

The Children's Learning Centre in Minden will be holding a fundraising hockey game at Minden Arena on March 1, 2008 @ 6:30 between the local OPP/MNR and the Old Timer Haliburton Huskies.

Be sure to get your tickets and come out and show your support for this great cause and watch some great hockey action!! Tickets are \$5.00 for adults, and \$3.00 for children aged 6 to 12. Under 6, free. For ticket selling locations, please call 286-4074.

Community Care's "Its so Chilly" Chili Luncheon

Come out of the cold and meet others, have some fun and enjoy a delicious bowl of homemade Chili with a roll and a nice bowl of chilly ice cream. Tea and coffee will also be served!

This luncheon is free to all clients and volunteers of Community Care Haliburton County and it's taking place February 27th 12:30 - 1:30

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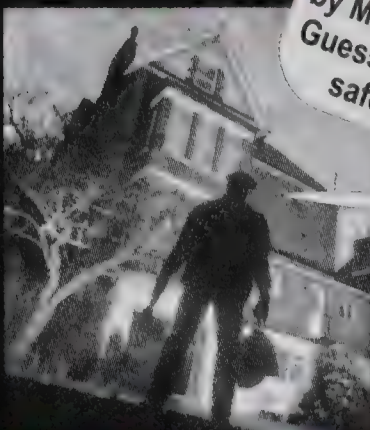


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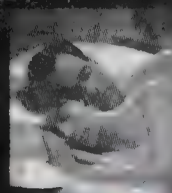
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The Highlands Motel Welcomes New Owners

We've all driven past the Highlands Motel hundreds of times-it's somewhat of a landmark, and it's conveniently located right next to the Peppermill restaurant. Former owners Len and Judy Churchward, now living in Minden, did a lot to establish The Highlands Motel as a desirable destination for seasonal visitors to our county.

Most people still care about their former property when it's time to move on, and they hope that the new owners appreciate it as much as they did. In that regard Len and Judy need not worry, because with Dora and Paul Suranyi, the Highlands Motel is in excellent hands.



The Suranyis hail from small communities outside the Hungarian capital of Budapest, and they moved to Hamilton Ontario in the mid '90's, to be close to relatives living there. In 2000 the couple moved to Fergus Ontario, just outside Guelph, because Paul landed a position in quality management as an industrial engineer for Linamar, the automotive parts plant, which is a huge employer in the Guelph area. Dora secured work in Kitchener as an accountant, and was also kept

busy looking after their two young children Ben, now four and a half, and Zita, aged two and a half.

Paul's job was a high pressure position, and it was keeping him away too much from his young family. "He asked me if it was OK if he quit, and I said sure. So in January of '07 he became a stay-at-home Dad, and I went back to work after maternity leave," Dora reveals. "I told him, 'take your time, and figure out what you want to do'. He started thinking and poking around, and he decided he didn't want any more high pressure job, and he decided to go into business for himself, working from home. He went on line searching for ideas, and one day he came to me with this idea of running a motel. We looked at many motels and B&B's and even went to the West Coast. I figured 'no way,' but he finally wore me down, so I said 'If you find a place that we could afford and make it all work, then OK.' Then he found this place on line. We reserved the cabin and drove up on the July long weekend, last year."

"As soon as we drove in we really liked it. We loved the lake, the sandy beach and Minden and Haliburton being so close," Dora continues. "It was then just a matter of making it all happen."

We've been talking in the living room of the 2 story, 3 bedroom main house on the property. Dora has made tea and is plying me with lovely Hungarian pastries, as we await Paul's arrival from Haliburton. He comes in shortly and picks up the stream of the conversation. "It's not hard to like the area," he commences. "It's Kawartha Dairy and the ice cream he loves," interjects Dora laughing. "With a smile in her direction Paul continues. "There's a stream and a pond here on the property, which makes it great for gardening, and I want to take advantage of the landscaping opportunities. We're close to the beach on Twelve Mile Lake, a two minute walk, and we think that there's definite potential here."

What's On Offer

The Highlands Motel property consists of about 4 acres and "we can expand if we want to," enthuses Paul. "We're looking to make a camping area on the hill. From there you can see the lake through the trees. It would make a great camping site."

In addition to the house, the property also includes 7 motel units, a family cottage suitable for a family of 4 or 5, and a separate, well equipped, recreational building, with it's own kitchen, bar, fireplace, stereo, tv, and an entertainment and games area. "We had the Queens University Ski team here last weekend," says Paul. "And they just

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Haliburton Home Builders Association

Motel cont'd... pg. 17...

New owners looking to landscape and upgrade

... from pg. 16

loved it. The rooms aren't really big enough for a party, so the rec' room gives us an advantage over most motels."

"We had a lot of people in the fall," Paul continues. "People who had already closed their cottages, and hunters. We've recently had snowmobilers and ice fishermen. In terms of occupancy it's been kind of what we expected-maybe we thought that it would be a bit slower. The reason we took over when we did was to get to know the area, the ATV and Ski-do trails. We have to be able to give advice to people. The month of January has been slow, but it's a great time for renovations and upgrades. I've put up a satellite for high speed internet for our guests. People will be able to sit on the beach, or in their rooms and get on line."

Paul responds to the question of what the Motel and surrounding area has to offer visitors. "You could have yourself a resort type of vacation, without the resort prices," he responds immediately,



obviously having thought about this previously. You've got the Peppermill right next door with 4 or more restaurants within a minute or two. There's a shallow sandy beach, ideal for families with young kids, a two minute walk away. There's any number of snowmobile and ATV trails which can be accessed right from the property. Within 2 minutes there's a public boat launch, with additional marinas all around. We have ample parking for recreational vehicles and boats. There's great fishing in summer or winter, and we're getting a couple of kayaks and canoes for our guests to use.

Why It Will Work

The Suranyi's believe in 'value added,' it's in their nature. "We want to make it special," says Dora. "We want it to look like we enjoy doing what we do. We're in it for the long haul. This area is great for our kids. Hanging out at the shopping mall shouldn't be the centre of your life."

"In Hungarian Minden means 'everything,' Paul states. So we tell our friends, that here we have everything we need."

Paul recently joined the kinsmen and he's "been helping the Prentice boys flood the fair ground for the ice races." Dora's really interested in taking some courses at the college. "Everyone's been so nice," she says. "We stopped and introduced ourselves to other motel owners in the area," and they were all supportive.

Motel cont'd... pg. 19...



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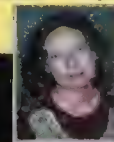
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Mary Harnden *



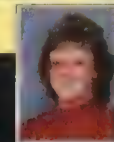
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Eve Goldberg Coming To Haliburton To Perform Live In Concert

Another fantastic Folk Concert is being held featuring the popular Eve Goldberg Friday, March 7, 8:00pm at the Haliburton Highlands Museum. And if that isn't enough to make you purchase your \$15 admission ticket, then you will after you hear that the evening is being kicked off with Cass Marie and the Black Feather Band.

So now that you know – get your tickets at York Street Internet Café in Haliburton or at Golden Stationers in Minden. The 100% guarantee is in effect. That means if you don't like the concert – you get your money back. You can't lose.

About Eve Goldberg

Imagine a kitchen party where Mother Maybelle Carter, Ella Fitzgerald, Mississippi John Hurt, Bessie Smith, Bob Dylan, The Beatles, and Patsy Cline show up, and you begin to get a sense of what it feels like inside songwriter Eve Goldberg's head. Never one to restrict herself to one genre of music, Eve has performed her trademark mixture of folk, blues, country, bluegrass, old time, and jazz in venues ranging from small house concerts to the prestigious Kennedy Center in Washington DC since 1990. Eve was born in the Boston area but has called Toronto, Ontario home since 1981. As a child, she was dragged to folk concerts by the likes of The Weavers, Doc Watson, Arlo Guthrie, the Watsons, and countless others. She began performing in 1990, and hasn't looked back since. Her watercolour voice and solid guitar style has become a favourite at festivals, folk clubs, and concert series across Canada and the US. With



an equal passion for traditional music, and for the art of songwriting and interpretation, Eve's performances are intimate and relaxed, moving effortlessly from folk classics to original gems, all wrapped up in her clear, pure voice and dynamic guitar playing. You can listen to some of her songs and find out more about Eve at: <http://www.evegoldberg.com/> or <http://www.myspace.com/evegoldberg>

About Cass Marie and the Black Feather Band

This fine-feathered quartet combines a relaxed, comfortable folk sound with anything from rock 'n roll to country to jazz and soft pop, and even dips a toe in a gospel-inspired song. Their tunes are as unique as they are individuals and their talent is just as diverse. Songwriter/

vocalist Cass Marie explores issues of dependence, independence, self-actualization, body image, the trials of love and the search for happiness in the band's first full-length independent album entitled Love's Uncertain (release date to be announced.) The music combines dynamic vocals and



gritty, honest lyrics with haunting cello lines, upbeat fiddle reels, grounding guitar rhythms and jazzy bass lines. There is something for everyone in this poetic, non-traditional "feather-folk." Some performances of note include an opening act for Canadian folk legend, Willie P. Bennett, and for PEI's up-and-coming folk sweetheart, Rose Cousins. "You would never know that this brash singer has any stage fright as she exudes confidence... Cass Marie is an exceptional example of the home grown talent that is flourishing in the Highlands." -Erin Lynch, The Highlands Communicator "To quote one of her songs, there is "Nothin' Sweeter" than the sound of her voice..." -Kris Kadwell, 100.9 CANOE FM

<http://www.myspace.com/cassmarieandtheblackfeatherband>

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Italian Anyone?

If you like Italian – you are going to love this event.

Everyone is invited to attend to the *Great Big Fat Italian Dinner* at The Ristorante, Fellowship Room, Haliburton United Church, Saturday, March 1, 2008. Three Sittings – 5:00; 6:00; 7:00 p.m. Book a Table of 4, 6, 8.

Invite your friends ! Bring the month of March in with a great meal ! Tickets available at Ethel Curry Gallery 457-9687, United Church office, 457-1891.

After the Highland Cup races on Saturday, be sure to come and join with us. All are welcome. Tickets at the door !!!

Minden Legion Offers Up Some Tasty Lunches

For a great lunch at a great price, be sure to stop by the Minden Legion sometime soon.

The legion offers lunches every week throughout the winter from noon to 2:00 pm, Monday through Friday with a varied menu and daily specials at \$6.00, tax included. The "Friday Express" is also available, Fridays from 5:00 pm to 7:00 pm, featuring fish and chips or chicken wings and fries for only \$7.00 tax included. Diners can eat in or take out. Catering and rentals for weddings, parties, meetings or any event can also be arranged by calling the legion at 705-286-4541.

The Royal Canadian Legion, a great place to meet and a great place eat, is located on Highway 35 North and CR 21.

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Highlands Motel Cont'd....

"Dora recently attended a Chamber of Commerce meeting, and now we're members," Paul states proudly.

Rates

The Cabin, which is fully equipped: off season \$100/night, in season \$110. Rooms: (7 in all, with tv's and double beds) \$70 off season, and \$82 in season. There's no charge for internet, or for the use of the recreational facilities.

The Highlands Motel is located at 15102 Highway 35, right next to the Peppermill. You can reach Dora and Paul at (705) 489-3111, email info@highlandsmotel.com The web site is www.highlandsmotel.com

Pictured: Paul, Ben, Dora and Zita Suranyi and Motel; Interior of Recreational facility;

Statistics
Did you know... Americans today, per capita, use four times as much energy as their grandparents' generation did.

DISCOVER THE MAGIC OF

Winter Fun Day @ Camp Wanakita

Bundle up the kids, grab your skates and meet your fellow Chamber members at the Winter Fun Day at Camp Wanakita on Sunday February 24th. Events start at 2 pm and include:

Skating on Koshlong Lake
Broomball
Snow Shoeing
Cross Country Skiing
Low Ropes
Tobogganing

Chilli, Hot Dogs, Hot Chocolate, Juice and cookies are also available for \$6.00 per adult and only \$4.00 for kids!

We would like to acknowledge the support of YMCA Camp Wanakita for helping us coordinate this wonderful day. For more information, please call Charlene at The Haliburton County Chamber of Commerce - 705-286-1760 or 877-811-6111

Everyone Welcome

Understanding RSPs

with Susan Lee

Spousal Pensions

It's that time of year again where we are gathering up our tax receipts, T4's from work, T3's from investment income ect... in eager anticipation of processing our income tax returns. This is the time of year our thoughts turn to Registered Retirement Savings Plans (RRSP).

The corporations that want their share of your money ear marked for RRSP's are advertising heavily right now. In a hurry not to miss the boat, because the advertisers are telling us so, we rush into our mutual fund sales person, financial advisor or financial institution and make a RRSP contribution so that we can get a tax receipt to help reduce the income tax we have to pay for 2007 by deferring, (putting off) paying, to some time in the future when you take the money out of your RRSP and are taxed then.

My goal today is to provide some RRSP basics because many invest in RRSP's but do not understand the whole process, and as with any Government designed program, it is not black and white. Please note that as with all financial planning, each plan is as individual as our finger prints and one size does not fit all.

RSP the basic PART 1

RRSP's were introduced to Canadians by the government as a vehicle to encourage us to save for our retirement years, which is not a bad idea because the maximum government guaranteed pensions at age 65, if you qualify, are OAS (\$485.00 per month) and CPP (\$845.00 per month). This number varies for each of us depending of the contribution you made to the CPP over the years. You can review your CCP statement by requesting a copy directly from the government. Ask around and you will find that few actually receive the full amount of CPP. In this example you would receive \$1330.00 per month in income. Look at your monthly expenses now such as food, gas, car insurance ... could you live with in this income alone? The basic goal of RRSP is to provide additional income in our retirement years.

When you contribute to an RRSP, you receive a tax receipt to use on your tax return as a deduction (which can only be used once). A deduction is used to reduce your taxable income. For example: \$40,000.00(taxable income) - \$5,000.00(RRSP contribution) = \$35,000.00 in taxable income, so in this very basic example in 2007 the tax payer would defer approximately \$1500.00 in income tax.

Looking down the road during retirement a client at age 65 is receiving \$15960.00 in retirement income a year and withdraws an additional \$5,000.00 from RRSP/RIF, (taking advantage of the pension tax credit which was discussed two articles ago), and the client would pay an additional \$934.00 in income tax. So as you can see income tax is eventually paid but it sure is nice to have that RRSP/RIF savings to supplement your income in retirement years.

RRSP are one product that can be used to save for retirement but it is not the only way. Understanding them allows you to make an informed decision and get the most out of the product to fit your individual retirement plan.

RSP the basics PART 2 will be in the next Communicator

Susan Lee



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It's the Law

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California

In Los Angeles, a man may legally beat his wife with a leather strap, as long as it is less than two inches wide, or she gives him permission to use a wider strap.

It is a misdemeanor to shoot at any kind of game from a moving vehicle, unless the target is a whale.

In Pacific Grove, "molesting" butterflies can result in a \$500 fine.

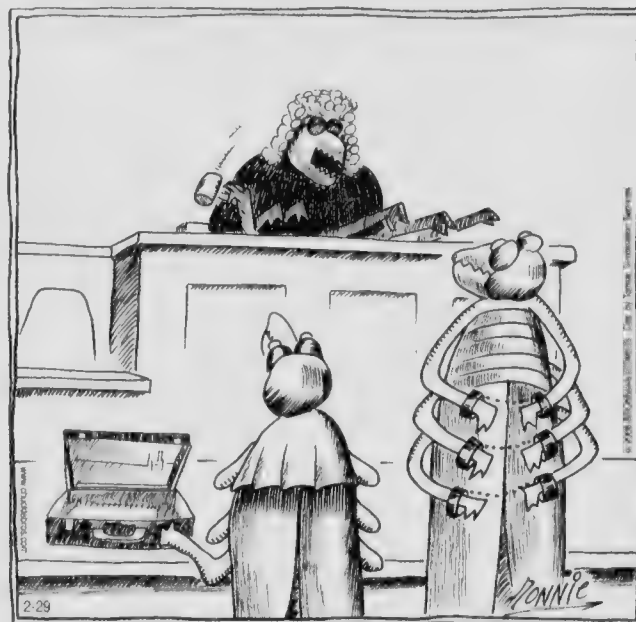
In Pasadena, it is illegal for a secretary to be alone in a room with her boss.

It is illegal to set a mouse-trap without a hunting license.

In Long Beach, it is illegal to curse on a mini-golf course.

In San Francisco, it is illegal to wipe one's car with used underwear.

It is illegal to cry on the witness stand in Los Angeles courts.



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Lange on the Law *Donald Lange*

by **Donald J. Lange**
Barrister & Solicitor

The Canada Pension Plan

Every working person is required to contribute to the Canada Pension Plan. There are various benefits under the Plan, some of which you may know about, some of which you may not. You are, of course, eligible for a retirement pension. You may choose to receive a full pension at age 65. Or you may apply for a reduced pension at age 60 under certain conditions.

Another benefit under the Canada Pension Plan is a death benefit to be paid to the estate of the deceased contributor or directly to the person who pays for the funeral. There is also a survivor's pension which the Plan will pay to the spousal survivor of the deceased contributor. An important benefit, perhaps not as well-known, is the contributor's entitlement to a disability pension. This is different from the provincial disability pension under the *Ontario Disability Support Program Act*. Under the provincial system, you do not make contributions and part of qualifying is that you cannot have any more than \$5,000 in your bank account at any one time. The Canada Pension Plan is a federal plan where you are entitled to a disability pension if you meet the criteria for disability. The criteria are, unfortunately, quite stringent. To qualify you must have a severe and prolonged mental or physical disability. The legislation states that a disability is prolonged if it is determined that the disability "is likely to be long continued and of indefinite duration or is likely to result in death." To prove this criterion, you will have to provide the government with some persuasive medical reports. A disability is considered severe if it is determined that you are "incapable regularly of pursuing any substantial gainful occupation." The severity criterion has been definitively interpreted by the Federal Court of Appeal. The court rejected the idea that a disability applicant must be incapable, at all times, of pursuing any conceivable occupation. The court instead applied a more lenient "real world" test. The applicant must be "incapable of pursuing with consistent frequency any truly remunerative occupation." In applying this test, the court stated that the government must consider the particular circumstances of the applicant, namely, the applicant's age, education level, language proficiency, and past work and life experience.

In the next column, I will be talking about highways.

Editor's note: This is Donald Lange's 99th column written for The Communicator. We can't wait for number 100 which will be featured in the next Communicator. Donald writes these columns at no charge as a public service to the Haliburton Highlands. We thank him and hope they have helped as much as they are an interesting read. Thank you Donald Lange. Bring on number 100.

Donald J. Lange, LL.B., Ph.D. (Cantab.)

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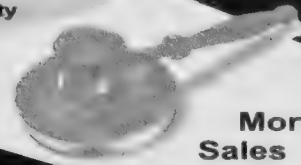
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Another Great Book On Mining From Haliburton Author

More Than Free Gold: Mineral Exploration In Canada Since World War II

by George Farrell

One of the county's most prolific writers has just come out with a new book. Haliburton resident Michael Barnes' newest tome on the mining industry is titled *More Than Free Gold*, which explores mineral exploration in Canada since World War II.

The subject of mining is sometimes a controversial one, and with

the coming to Haliburton County of Bancroft Uranium Inc, promises to be even more so. Anyone wishing to pursue arguments pro or con, regarding mining locally, could benefit by a grounding in the larger mining picture. Reading Mr. Barnes' book is as good a way as any to do just that.

General Store Publishing House, which has published other books on mining by Mr. Barnes, as well as his book "*Essential Haliburton*," reveals in a press release, that *More Than Free Gold* "is a thorough accounting of the challenges of mine finding and development, and of the enormous benefits the industry confer on the nation.....Any endeavor which brings in \$45 billion annually to the Canadian economy, contributes 600,000 direct and indirect jobs, provides two thirds of the rail revenue in the country and three quarters of the traffic through its ports, is bound to capture the imagination.....In 1946 mining engineer Arnold Hoffman published a highly

popular book called *Free Gold-The Story of Canadian Mining*. The work covered the successes of the industry to the end of World War II. Now, *More Than Free Gold* continues the story of the search for fortunes in the ground over the six decades since 1946"

In March of 2007 The Communicator interviewed Mr. Barnes, who at the time was in the process of writing *More Than Free Gold*.

"It's been commissioned by the Prospectors and Developers Associations of Canada (PDAC), which is the biggest mining group in the world. It's being produced for the charitable arm of PDAC, which teaches children and others about mining in Canada. Canada is the world centre for mine financing, and most of the companies have head offices or subsidiaries either in Toronto or Vancouver; companies like Barrick, Inco and Falconbridge. This book is divided up into the Geo Sciences and the first section addresses how they've developed the science of finding minerals since WW II. The next portion is on financing. Mines today cost hundreds of millions of dollars to build and put into production. The rest of the book is about the discoveries that have been made in the last 60 years, and the properties that will come on-stream in the next few years."

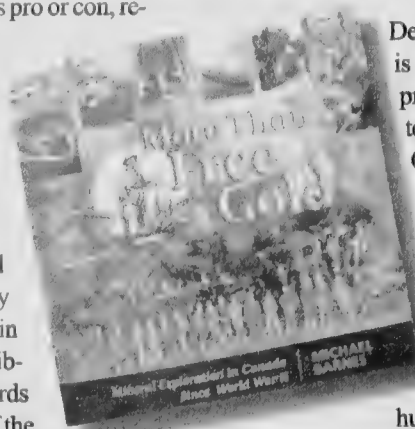
More Than Free Gold concludes that we "need to find new mineral reserves. Canada is not finding new reserves fast enough," to stay competitive. "Canada is one of the richest countries in the world as far as mineral deposits go. Every province in Canada except PEI has either metals, diamonds or uranium."

Michael Barnes who is already working on his next book, which will be titled *Red Lake, Golden Treasure Chest*, says of *More Than Free Gold*; "I'm extremely happy with the book, because it represents the Canadian Mining and Exploration industry, and should help to promote prospecting and development in Canada."

In our county we have many amateur prospectors, and some investors, but although Haliburton has a small history in mining, the book does mention Uranium mining in Bancroft.

The book itself is a handsomely bound and packaged soft-cover, and is as chock full of stories, statistics, black and white photos and drawings, as one can imagine. While in the main it's a scholarly work for the enthusiast, anyone with even a vague interest in mining in our country will be impressed by Mr. Barnes' obvious love of his subject, his meticulous research, and attention to detail.

More Than Free Gold will be available locally at Undercover Books and Masters Books store in Haliburton, and will retail for \$24.95



Pictured: Book cover *More Than Free Gold* & author Michael Barnes

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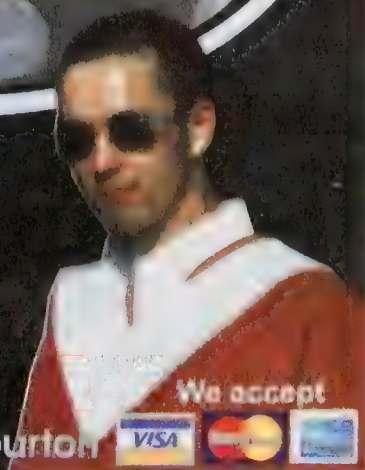
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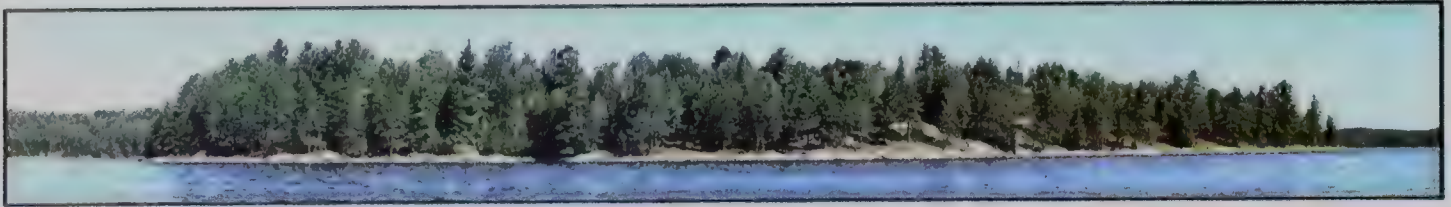
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Norah's Island Is On The Map !!



A "groundswell of support" by Kennisis Lake cottagers has persuaded the Ontario Geographic Names Board to put Norah's Island on the map.

The cottagers and the island's new owner, the Haliburton Highlands Land Trust, have been calling the island Norah's all along, but the name only became official late last month.

The name honours the late wife of Bruce Carruthers, who donated the island to the Land Trust. Title changed hands on March 23 and Land Trust chair Ian Daniel almost immediately wrote to the Names Board asking for the new name.

Jeff Pinkney, chair of the Kennisis Lake Cottage Owners' Association's



Lands Committee, said there had been "a groundswell of support" for the new name since Carruthers first asked the cottagers if they had any objections to it in 2006.

Pinkney said anonymous woodworkers had anticipated the approval and installed name signs on the island. "And now it's official – a beautiful name for a beautiful island," he said.

Carruthers thanked the KLCOA members who responded to the survey. "Having the name in local use was a deciding factor," he said.

Daniel praised Carruthers' "persistence and the willing co-operation of Kennisis Lake residents" in the naming process.

"All along Bruce Carruthers kept clearly in his mind his vision of naming the island after his late wife, a lover of Haliburton landscapes," Daniel said.

Jeff Ball, Geographic Names Specialist with the Ontario Ministry of Natural Resources in Peterborough, said the 25 of 35 cottagers who responded to a survey all supported the change to Norah's. The Township of Dysart et al also was asked for input.

Final approval for the name came from Donna Cansfield, Ontario's Minister of Natural Resources, on Jan. 28, but the Trust only learned of the approval last week.

The 22-acre island is the Land Trust's first acquisition. It is to be managed jointly by the Land Trust and the KLCOA, using the income from an endowment fund raised by the cottagers.

Norah and Bruce Carruthers left the island undeveloped for the 32 years they owned it and it will be kept in a wilderness state in perpetuity under the ownership of the Land Trust.

The Trust is a non-profit, non-governmental registered charity supported by individuals who want to ensure that special natural places in the county are safeguarded for the future.

There are 48,000 named physical features on Ontario's landscape, Ball said, but only one of them is called Norah's Island. There is a Norah Lake near North Bay, Nora lakes near Sudbury, Thunder Bay and Kenora, and a Nora Creek and Nora Portage near Kenora, even St. Nora Lake in Haliburton County.

The Carruthers first bought the island with the intention of building a cottage on it, but wound up owning a cottage elsewhere.

Norah's Island cont'd... pg. 25...

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SCHOOL OF ROCK COMING MARCH BREAK

All you rock star hopefuls out there – you won't want to miss a fantastic and fun event coming to Minden during the March Break.

Registrations are coming in for the unique two-day March Break program where youth will learn how electric guitars work while assembling their very own to keep. Eldon Yourkin from Lindsay's Straight Edge Music will lead the program, with volunteer helpers.

"It's all about giving kids a chance to have fun and learn something while keeping that 'cool' factor" said Yourkin. "We've done this program now in Lindsay and Cannington, and we're booked



for Sunderland later in the spring."

The program takes place on March 10 & 11 from 9am to 3pm at the Minden Community Centre, and is open to budding rock stars ages 13-15. The cost is \$200, which includes the guitar as well as lunch both days. Discounted pricing for amplifiers and other accessories are also available to participants.

No experience with guitars, screwdrivers or soldering irons is necessary but having an older sibling or adult available to help, especially on the Tuesday is recommended. Space is limited and a minimum number of registrations is re-

quired.

To register, contact Rick Cox at 286-1260 ext. 220.

Norah's Island cont'd....

... from pg. 24



The couple kept coming back to visit it and Norah developed a special affection for it.

While logging and later cottaging altered the mainland surrounding Ken-nis-is, Norah's Island has been

little changed by the settlement of Haliburton County. It was never logged and the lake's waters protected the island from invasive species.

Ball's records show the island has borne such informal names as Big Island, Bear Island, Bearberry Island, Adventure Island, Joe's Island, Big Joe's Island and Party Island.

New names are fairly unusual, Ball said. In an average year, 60 of them might be approved.



Pictured above is an unusual flower found on the island called the Pale Corydalis - that photo and photos of Island views by Morley E. Pinkney. Opposite page is a picture of Bruce Carruthers and Jeff Pinkney - photo by Elaine Farrell.

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New Business

Introducing ...

Show And Sell Home Staging, Interior Design

You want to sell your home, and you want to get top dollar for it. The best way to accomplish that is by home staging. Home staging is preparing your home for sale in the competitive real estate market. It literally means treating each room in your home as if it was a set on a movie or on a stage. The idea is to make your home look as good as possible to the audience, which in your case, is the potential buyers.

Statistical research indicates that staged homes sell faster, often for an increased selling price and appeal to a larger target market. Realtors know that the majority of homes for sale are in need of updating and that home staging is the best way to make a dramatic impact without having to spend a lot of money

Elli Armstrong and Marilyn Whittaker, are two local women who

own and operate *Show and Sell-Home Staging and Interior Design*. Staging homes and designing interiors are two areas of expertise that overlap effectively for both women, and for potential customers.



Here's a bit about Elli Armstrong. "My interest in interior design began when I was in my late 20's. My husband and I had purchased a home in Stoney Creek that was too small for our needs and a significant addition was necessary. The desire to be actively involved in this project took me to Mohawk College where I completed four courses toward my interior design diploma. However, at the time I was a full time high school teacher and a mother to two busy boys, so it went no further."

"In 2003 I retired from teaching, and Dave and I made the decision to move out of the busy Golden Horseshoe. We spent many weekends visiting various destinations, but it was Haliburton that won our hearts."

I had the wonderful fortune to meet Marilyn shortly after we arrived.

Marilyn was already considering starting a home staging business, and was actively looking for someone who shared her interest. After making the decision to go into business together we completed our course requirements for our diplomas. "We elected to pursue different qualifications to provide a broader service for our clients. I completed my diploma in Professional Design and Decorating from the Sheffield School of Interior Design. We registered *Show & Sell- Home Staging and Interior Design* in January 2007, and have enjoyed a busy, rewarding year. For me, success will not be measured in dollars and cents. As a second career, I look forward to the creative outlet that this business provides and the endorsement from clients on a job well done."

Marilyn Whittaker, talks about her background. "I'm a Toronto girl who has been spending weekends and summers in Haliburton since I was 16, first with my parents and siblings, and then with my husband. It was quite a coincidence that my husband and I met in Toronto only to find he had a building lot on Bitter Lake, the same small lake to which I had been coming with my parents for years.

Staging cont'd... pg. 27...

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Creating Lasting First Impressions

Building our cottage began a hobby career for my husband and me. We were instrumental in building and/or finishing and renovating 3 cottages, 2 houses and an apartment. I took several night courses towards my interior design certificate at Sheridan College in Oakville, while in my 30's. Although I continued to keep abreast of design trends, my family and a full time teaching career interrupted my formal design education until last year, when I obtained my certificate in Home Staging. It was time to take my love of design to the next level.

Elli and I met several years ago at one of the many group outings in Haliburton. When I had the opportunity to visit her house, I was very impressed with her decorating skills. We became friends, with the love of design as a common thread. We're now business partners who get a great deal of satisfaction from creating that lasting impression."

I met recently with Elli and Marilyn at a lakeside house in Haliburton. The house is furnished, but not occupied, and is being used by the women as a convenient base for their Realtors Open House. The Open House gives both women the opportunity to show just exactly what it is that they do, and to exhibit how they can work hand-in-hand with realtors, in order to help them get top dollar for their clients. When I walked in, the kitchen table was festooned with mid-morning goodies like home made muffins and banana bread, and the air was redolent with the heady aroma of apples and spices, from the hot apple cider. It was a welcoming first impression.

Elli and Marilyn introduced themselves, and proceeded to show me around. Drink and muffin in hand I was in follow mode, when I walked 3 agents from Remax; Terry Carr, Marilyn Hawley and Deb Deremo. It was quickly decided that Elli and Marilyn from *Show and Sell* would make their presentation to all of us, and I could interrupt with questions when necessary.

The low-key affair consisted of showing us a number of photographic displays on the walls depicting 'before and after' staging scenarios, and a consultation catalogue. Then we all sat around in the comfortable living room, and chatted about the business and the concepts of home staging, as it pertained to home owners, real estate agents and Marilyn and Elli.

It was revealed that *now* is the ideal time for staging, before the real estate market gets into full swing. Elli mentioned that the best time to stage a home is before it's listed, however she also stressed that it's never too late to maximize the potential of your home.

So what Elli and Marilyn can do for you on the staging end of their business is to come in and make your home like a beautiful set, so that when potential buyers come, they see your house displayed to

its best potential. Marilyn and Elli mentioned some of the steps you can take yourself to improve the look of your home.

Curb Appeal Matters

You only have one chance to make a first impression. Some buyers will not even enter a house which has little or no curb appeal. Entrances should be freshly painted in a neutral colour which co-ordinates with the exterior; they should be in good repair and free of all clutter. Landscaping and attractive flower arrangements can add greatly to the curb appeal.

Repair

Buyers who see repairs which need to be done will mentally take dollars off the price, or dismiss the property altogether. Repairs must be professionally done. If you are planning a renovation, be aware, that for it to add value to the house, it must compliment the style and co-ordinate with its surroundings. If you are not up on design, speak to a designer before doing renovations. Style, colour and materials are very important. A renovation must enhance the existing features of the house. The money spent on design will be well worth it!

Get Packing

First and foremost, get packing. You've decided to sell, so you'll be moving soon. The packing you do ahead of time will pay off. Pack everything you absolutely don't need on a daily basis. That means many of the things in your closets, cupboards and on your shelves. Those little nick knock collections give you pleasure but will only distract a potential buyer. Only a few large decorative

pieces need remain to fill floor space or decorate a blank wall.

Furnishings

Buyers are coming to see the house, not your furniture. However, your furniture should enhance the selling features of the house. So, the furnishings should be in good condition, in proper proportions to the size of the rooms, and should blend in with the decor. Furnishings should be placed in a way that makes the room appear large and the traffic patterns seem natural. Furnishings should accent the view or focal point of the room.

Paint

Fresh clean walls painted in neutral colours provide the biggest bang for the buck. Don't overlook this very important staging strategy.

Now, you might have done most of the above tips, but your furniture



Home Staging cont'd... pg. 29...

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Trivia Test

1. GEOGRAPHY: In what body of water are the Maldivian islands located?
2. COMICS: What is Superman's dog named?
3. ROYALTY: In what famous church were Prince Charles and Lady Diana Spencer wed?
4. MOVIES: In what movie does the character Popeye Doyle star?
5. ENTERTAINERS: Which comedian came up with the character called "the hippy dippy weatherman."
6. MUSIC: What is Elvis Costello's birth name?
7. ADVERTISING: What com-

- pany's products are associated with Elsie the Cow?
8. LITERATURE: Who wrote the novel "Dr. Zhivago"?
 9. ANATOMY: What is a sarcoma?

Answers

1. Indian Ocean
2. Krypto
3. St. Paul's Cathedral
4. "The French Connection"/Gene Hackman
5. George Carlin
6. Declan Patrick McManus
7. Borden
8. Boris Pasternak
9. A malignant tumor in connective tissue, bone or muscle

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Show And Sell Home Staging, Interior Design Cont'd...

... from pg. 27

may not show your rooms off to their best advantage. Or you might have done all the work necessary, and moved to your new location, leaving your old home empty for viewing. But, it's not selling in spite of all your hard work. Not to worry, because this is where Marilyn and Elli can help you. They suggest that showing your house when it's empty, is not the way to go. Instead the team can bring in beautiful rented furniture or buy accessories which will look great. "People need to see some props," says Elli. "It helps them to visualize for instance, what their full-size sofa will look like in the space. It helps them to get an idea of scale and proportion. Elli and Marilyn will come and meet with you for a consultation. They'll go over what they feel you might need in order to get your place looking its best. There is a fee for consultation, but very often that fee will be picked up by the real estate agent. It's in the agent's best interest too, after all, to sell your house for as much as they can.

I asked the women from Remax in what ways home staging was of benefit to their professions.

Terry Carr:

"It helps to get buyers and sellers excited by what they see. Its fresh eyes and a fresh look for the owners. It's not all just about selling the property it's also about making it look as if you're proud of your home.

Marilyn Hawley:

"As an agent going in, the client wants to hear good things about their home from a realtor." The implication here is that an agent can say more good things about the home after the home stagers have done their work.

Deb Deremo:

"The idea is to maximize the number of people who find your home appealing, and home stagers can do that."

What's the old adage, *you have to spend money to make money?* In the world of real estate and home staging, that's very often the case, though if you do some of the work yourself you can save on some of the costs. Also, if you do use an outfit like *Show and Sell Home Staging- Interior Design*, chances are that the money you spend will

be returned in the higher selling price.

At the present time Elli Armstrong and Marilyn Whittaker get about 85% of their staging contracts through realtors, and the rest through individual dealings with the public. The interior design end of the business also benefits from the staging side of things, even though the interior design is mainly geared to the general public and residential homes. "Buyers sometimes get an idea of what we can do by our staging, and can then request our skills to decorate their new home," says Marilyn.

For more information about *Show and Sell Home Staging, Interior Design* call Marilyn at (705) 457-9808, email: marilynwhitt@yahoo.ca, or Elli at (705) 754-9168, email: elliarmstrong@sympatico.ca

Pictured: Remax agents Terry Carr and Marilyn Hawley, and Home Stager Elli Armstrong look at 'before and after' home staging photos; Agent Deb Deremo looks over staging plans with home stager Marilyn Whittaker; Home Staging examples in the consultation portfolio.

— King Crossword — Answers

Solution time: 27 mins.

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Find at least six differences in details between panels.



Differences: 1. Visitor's shoes are different. 2. Sheet on piano is blank. 3. Mom's hair is longer. 4. Picture is added to wall. 5. Window is lower. 6. Visitor's right hand is not visible.

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There were 7 sams in the last issue. They were hidden in the following ads: Teddy Time, A Little Bit Of Everything, Paulmac's Pet Food, Minden Subaru, Wind In The Willows Day Spa, V&S Stedmans, Royal Le Page

**The winner of the Spot Sam Contest is:
Greg Hurstings of Fenelon Falls**

Strange BUT TRUE

It was English novelist and essayist Virginia Woolf, one of the foremost modernist literary figures of the 20th century, who made the following sage observation: "For most of history, Anonymous was a woman."

Other than being celebrities, what do Woody Allen, Farrah Fawcett, Stanley Tucci, Glenn Close, Richard Attenborough and Kevin Spacey have in common? They're all pigs. In the Chinese zodiac, that is.

At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.

In a study of 28 women, it was found that screaming has a therapeutic effect on the physiology of the body. After bouts of screaming, the test subjects showed slower heart rates, lower blood pressure and lower body temperature.

The Netherlands is well-known for picturesque photos of windmills, dikes and, of course, the ubiquitous tulips. The flowers have been an integral part of the culture of the country for hundreds of years. In fact, in the 17th century, it was possible to purchase a house with just a few tulip bulbs. Very special tulip bulbs, I would imagine.

The bread-slicing machine was invented by a jeweler, not an engineer.

Psychiatrists who study such things claim that many deep thinkers share the habit of talking to themselves. You might want to mention that next time you get odd looks from strangers for muttering under your breath.

Great Britain's Queen Elizabeth II reportedly enjoys putting together huge jigsaw puzzles.

Scientists say that Niagara Falls will only last another 2,400 years.

Are you a turophile? I certainly am! "Turophile" is just a fancy way of saying "cheese-lover."

Most people are aware of the fact that scorpions have eight legs, but you probably didn't realize that they also have eight eyes.

Those who study such things say that India was once an island. It was some years ago, of course -- about 50 million years ago.

Thought for the Day:

"Lack of money is no obstacle. Lack of an idea is an obstacle." -- Ken Hakuta

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\$465,000.00



Are you ready to retire but still want to do something or just want to get out of the city? Do you like to cook for people? Do you love having family around or a romantic getaway? Do you like privacy? Do you like nature and nature walks? Do you like the relaxing sounds of waterfalls? This home could be it. With lots of extra space, try a bed & breakfast or just a family compound. This beautiful home sits on the edge of a river with a swimming hole and 14

acres to enjoy nature, walks and relaxation at its best. Features also include a Jacuzzi tub and outdoor hot tub on the patio. 2 bdrms are on the lower walk out level making privacy a plus. Easy to set up a 2nd kitchen with hook-ups there. Full laundry facilities also. Don't forget the second building with a separate family area.

\$465,000.00



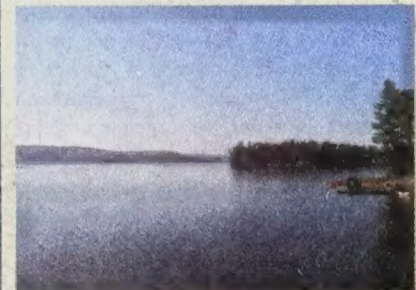
3525 sq ft of living space on 2 floors. 3 lg bdrms, den, 2 family rooms, living room, 2 baths, & 1 jacuzzi & shower ensuite, solid oak kitchen, dining room w/ greenhouse window effect & new skylights, access to lower level from garage also. Possible apt in lower level. New propane furnace, propane fireplace & stove, central vac, attached dbl garage, & works shed fully insulated.

\$369,000.00



Kennisis Lk (Paddy's Bay) 175 ft frontage, beautiful sand beach, natural shore line, nature lovers retreat. 3.2 acres, level lot, driveway on property. Very easy to build on this lot saving you lots of \$\$\$\$\$.

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Wow 702 ft of frontage on Kennisis Lake (Paddy's Bay) with 5.2 acres of mature forest. Driveway is in, survey, hydro, telephone are all available. Many building sites and great frontage with sand beach areas. Great investment property or build your dream cottage now.

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Approx. 800 ft of lakefront on Bitter Lake. 4 acres of nicely treed private property. Driveway onto the property by way of a deeded access from Bitter Lake Road. Hydro poles with telephone line (only) on the property. Many building sites on this large lot. Varied shoreline with some beautiful exposed granite and easy access to the water from many areas. This end of the lake is undeveloped and the lake is at capacity.

\$349,000.00



Beautiful lot with NW exposure, sunsets, granite shoreline, deep water, great swimming. 3 bedrooms, 3pc bath, den /porch, combo living room /dining. Guest cabin. Water could be put in for winter use. Lot size 176.17 per registered plan of subdivision. New driveway will be included.

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